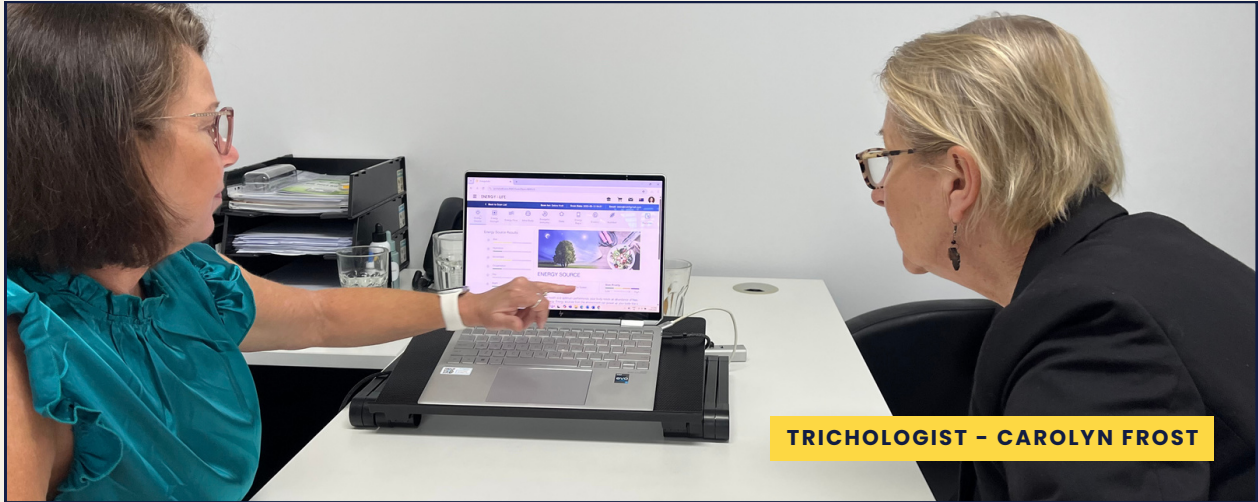


HAIR, HEALTH & NEWS



TRICHOLOGIST - CAROLYN FROST

What's new at Absolique: Real results, fresh guides, and new products!

We've got some big news and fresh updates in this edition of your Hair Health Newsletter — and we can't wait to share it all with you. First up, our ever-popular Food for Ferritin Guide has had a refresh to help you boost those levels naturally.

We're also thrilled to showcase real results from our female client's hair loss treatment journey — you'll love seeing the progress.

If you're dealing with tricky scalp conditions, don't miss our deep dive into scalp treatment for neurodermatitis. Plus, we're unpacking the vital role of Vitamin D and essential fatty acids in hair and scalp

health, these nutrients might be more important than you think!

There's also some product news: Modere is closing, but we've got smart alternatives ready for you. And yes, the Absolique Scalp Cleanser has been discontinued, but never fear — we'll walk you through your options.

If there are any topics you would like covered, please let us know by emailing Absolique Trichologist info@absolique.com.au.

Team Absolique

In this newsletter you can expect:

Food for Ferritin
Guide Update

Female Hair Loss
Treatment – Real
Results with Bryony

Scalp Treatment –
Neurodermatitis

The Role of Vitamin D
& Essential Fatty
Acids

Modere Closure &
Alternatives

Discontinued:
Absolique Scalp
Cleanser

Clinic News and
Updates

JUST LAUNCHED!

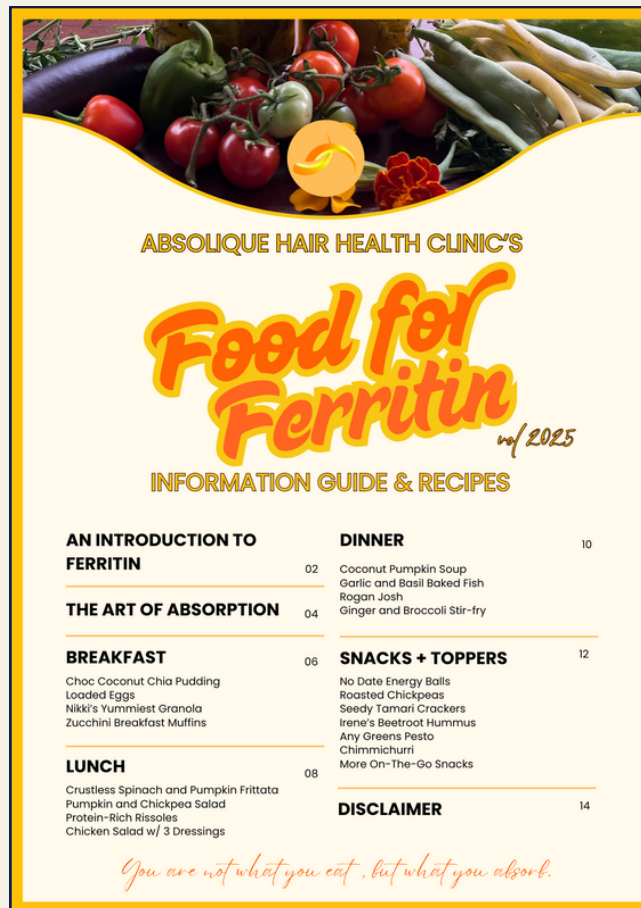
Our Food for Ferritin guide has had a glow up!

We've got some exciting news to share with you! At Absolique Hair Health Clinic, we've just finished updating one of our most loved and requested resources – the Food for Ferritin Information Guide and Recipes – and we're giving it away for free!

We've been working behind the scenes to make this guide even better, and we're so proud to finally share it with you. If you've ever wondered how Ferritin affects your hair (or even what it is), this guide breaks it all down in a way that's simple and easy to understand.

Ferritin plays a vital role in storing iron in the body, and having healthy levels is really important for strong, healthy hair. In fact, low Ferritin is one of the most common contributors to hair thinning and hair loss – especially in women. The good news? Nutrition plays a huge role in supporting Ferritin, and that's exactly what this guide is all about.

Every year, we take the time to thoroughly review and update both the information and recipes in this guide. Our goal is to keep it accurate, relevant and reflective of the latest in nutritional science and hair health research. This ensures we're offering you the very best advice and the greatest chance of supporting your hair health journey with confidence, because we know how much this matters.



Inside the guide, you'll find straightforward info on what Ferritin is, why it matters, and how you can support it with the food you eat. But we didn't stop there – we've also included more than 15 recipes that we've personally tried, tested and absolutely loved. These aren't boring health meals – they're flavour-packed, nourishing and designed to help boost your Ferritin levels and support the absorption of other key nutrients.

From hearty dinners to light bites, everything is made with real

ingredients and lots of love. We believe food should be enjoyed, not endured – and you really can eat well and support your health goals at the same time.

Whether you're just starting your hair health journey or you're already on the path and looking for that extra support, this guide is a great place to start (or restart).

If you'd like a free copy, just get in touch with us. We can't wait for you to dive in!



FEMALE HAIR LOSS TREATMENT

REAL RESULTS WITH BRYONY

To address this, we prescribed Absolique's Combination Therapy, tailored precisely to her needs. This included:

- Topical female hair loss treatment
- Targeted nutritional therapy
- Customised diet and supplement plan, based on her blood results

Bryony also received our free dietary guide, 'Food for Ferritin', designed to help raise ferritin through nutrition. The updated 2025 edition is now available. Email us today for your free copy!

At Absolique Hair Health Clinic, we recently had the pleasure of working with Bryony, a respected influencer who turned to us for help with female hair loss treatment. Over a focused four-month period, we achieved outstanding, measurable results through our comprehensive, personalised approach.

While it's common for influencers to promote products in exchange for payment—often without fully verifying effectiveness—this was not the case here. Bryony was referred to us by [The Sol Trader Collective](#) a well-regarded hair professional we've collaborated with in the past. This genuine referral set the stage for a results-driven journey, not a sponsored promotion.

During Bryony's initial consultation, Trichologist Brisbane Carolyn Frost conducted a detailed assessment, uncovering a complex history of hair loss, hair thinning, and health concerns. Her case involved multiple contributing factors, many of which were revealed through a full review of her health background and blood test results.

Our '[Hair Health and Scalp Check](#)',—a microscopic trichology examination—revealed that over 70% of Bryony's hair structure was compromised, primarily due to recurrent diffuse hair loss, particularly telogen effluvium. The underlying causes included long-term nutrient deficiencies in iron, ferritin, vitamin D, and B12, alongside other unresolved health conditions.



Before



After

Despite challenges during treatment—including a foot injury and life stress impacting her ferritin levels—Bryony experienced significant regrowth and visible improvement. We closely monitored her progress with microscopic and digital mapping, resulting in impressive before-and-after comparisons.

It's important to understand that while scalp-level correction is possible, long-term damaged hair cannot be restored. That's why we also recommended prescriptive hair care products and professional support to minimise further breakage. If you're facing hair loss in women, thinning hair, or hair fall, early intervention is key. Our combination therapy female hair loss treatment included a blend of advanced clinical and nutritional methods, personalised to your unique profile:

Clinical Combination Therapies Used:

- [Scalp Brush Therapy](#)
- [Scalp Cleansing](#)
- [Scalp Tonique](#)
- [Hair Shampoo and Conditioner](#)
- [Scalp Microneedle Therapy](#)
- [Activance Clinician Hair Loss and Hair Growth Treatments](#)
- [Absolique GRN Hair Loss and Hair Growth Treatments](#)
- Laser Therapy

Nutritional Support Included:

- Daily Green Drink
- Bovine Collagen
- Essential Fatty Acids
- Vitamin D
- Hair, Skin, and Nails Supplement



Before



After

All supplements and therapies were carefully selected based on Bryony's microscopic diagnosis and blood test results—because hair loss treatment for women is never one-size-fits-all.

The initial four-month phase targeted cellular-level correction, with visible regrowth emerging around month four. We'll continue tracking results at the eight- and twelve-month milestones to ensure continued success.



Before



After

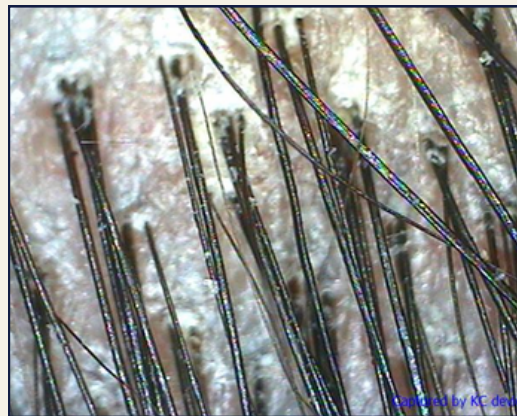
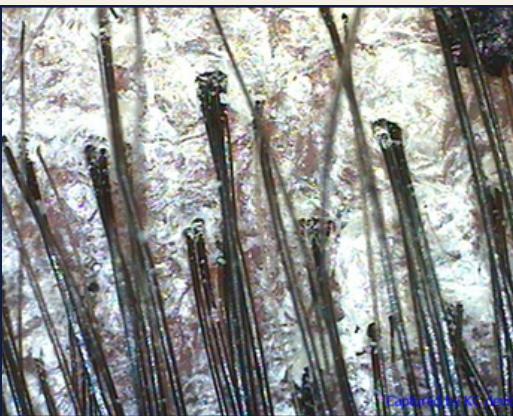
Trichologist Brisbane provides ongoing support, including consultations, follow-ups, and remote progress checks, making expert care accessible whether you're local, interstate or overseas.

A heartfelt thank you to Bryony for her dedication and openness in sharing her journey. [@bryonycarter](#)

Start Your Journey Today

[Book your first 15-minute free phone Trichology Consultation](#) to discover how Absolique Trichologist Brisbane can support your recovery from female hair loss, hair thinning, and scalp concerns. Female hair loss treatment is within everyone's reach.

SCALP TREATMENT – *NEURODERMATITIS*



Neurodermatitis is a skin or scalp condition characterized by chronic itching or scaling, on the scalp, neurodermatitis is typically in the nape, and can be helped by in clinic scalp treatment Brisbane and then managed with scalp treatment at home. You'll notice raised, rough, itchy areas of skin. Neurodermatitis is a skin or scalp condition that starts with an itchy patch of skin.

The underlying cause of neurodermatitis is unknown. However, it has been observed that the itch can start during times of extreme stress, anxiety, emotional trauma or depression. The itching sometimes continues even after the mental stress eases or stops.

Vitamin D and Essential Fatty Acids

Vitamin D and essential fatty acids are crucial for scalp health. Trichologist Brisbane notes most scalp conditions, scaly scalp, oily scalp, itchy scalp, scalp psoriasis, seborrheic dermatitis, dandruff and neurodermatitis cases have low or deficient levels of these nutrients.

Scalp Exfoliant – Scalp Treatment Brisbane

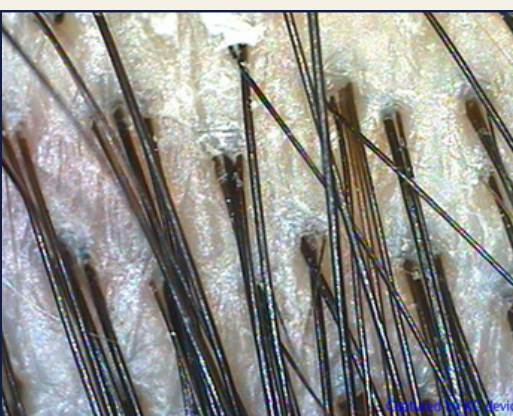
Professional scalp exfoliant scalp treatment relieves itching and begins to break down scalp scales. Homecare is necessary for continued relief and the timeframe here was 4 months. It is possible to begin home scalp treatment with Absolique scalp exfoliant, results may vary. If condition persists, seek professional advice from Trichologist Brisbane.

Home Scalp Treatment included:

- [Scalp Brush Therapy](#)
- [Absolique Scalp Exfoliant](#)
- [Prescriptive Scalp Cleanser](#)
- Hair Shampoo & Conditioner for hair longer than 10cm
- [Leave in Scalp Treatment](#)

Trichologist Brisbane – Absolique Hair Health Clinic

Trichologist Carolyn Frost uses microscope diagnosis to provide effective treatment solutions. She maps and tracks progress with real-time results. Combination therapy addresses underlying causes for optimal relief and long-term results. For more information or to chat with Absolique Trichologist Carolyn, book your first 15-minute appointment here (AU only).



NUTRITION AND SCALP HEALTH

THE ROLE OF VITAMIN D AND ESSENTIAL FATTY ACIDS

A healthy scalp is the foundation for strong, vibrant hair—and optimal scalp function relies on the right nutritional support. At Absolique Hair Health Clinic, we often see how nutritional imbalances, particularly low levels of vitamin D and essential fatty acids (EFAs), can contribute to scalp concerns including dryness, flaking, irritation, inflammation, and even hair loss.

Why Vitamin D and EFAs Matter

Vitamin D plays a vital role in regulating immune function in the skin and supporting healthy hair follicle cycling. A deficiency may lead to inflammatory scalp conditions such as seborrheic dermatitis, scalp psoriasis, and diffuse hair thinning.

Essential fatty acids, including omega-3 and omega-6, help maintain the scalp's protective lipid barrier, support hydration, and reduce inflammation. Without adequate EFAs, the scalp can become dry, sensitive, or prone to scaling.

At Absolique, we assess these and other underlying nutritional factors through detailed consultation and testing.

Food Sources to Support Scalp Nutrition

To naturally support your scalp health, incorporate the following nutrient-rich foods:

- Fatty fish only wild caught, not farmed (salmon, mackerel, sardines): rich in both vitamin D and omega-3 EFAs
- Egg yolks: a natural source of vitamin D and healthy fats
- Chia seeds, flaxseeds, hemp seeds: plant-based omega-3 sources, ideal for vegans
- UV-exposed mushrooms (maitake, portobello): one of the only plant-based vitamin D sources
- Fortified foods: plant-based milks, and cereals with added vitamin D
- Walnuts, sunflower seeds, pumpkin seeds: excellent EFA sources
- Coconut oil and coconut products
- Cold pressed oils, only used raw, not cooked for the EFA rich properties



Clinical Support

At Absolique Hair Health Clinic, we recommend a trichology consultation for anyone experiencing persistent scalp issues, inflammation, or hair loss. As part of your personalised hair and scalp assessment, we may recommend blood testing to evaluate:

- Vitamin D
- Essential fatty acid levels
- Other relevant markers including iron, thyroid function, and inflammation

This allows us to identify and address root causes, and provide targeted nutritional advice, supplementation and topical scalp treatments to support your recovery.

Support Your Scalp from Within

- Eat oily fish, eggs and avocado
- Add seeds, nuts and cold pressed oils to your daily meals
- Include fortified foods if your sun exposure is limited
- Supplement under professional guidance when deficiencies are present

Book a Trichology Consultation

If you are concerned about your scalp health or hair loss, book a consultation with a qualified Trichologist at Absolique Hair Health Clinic. We'll help you uncover the underlying factors—nutritional and otherwise—and create a personalised plan to restore scalp health and hair confidence.

MODERE CLOSURE AND ALTERNATIVES

ACTIVATION PRODUCTS & PARTNER.CO

It was very sad news when the Modere Closure was announced unexpectedly. This has left a huge hole in the Nutritional supplement market, safe personal care and home products.

M̄ODERE

Thank You for the Journey

After 23 wonderful years of serving our cherished community, we've made the difficult decision to close our doors.

We're incredibly grateful for your support, trust, and loyalty over the years. Whether you've been with us from the beginning or just discovered us recently, thank you for being a part of our story.

From all of us at Modere — thank you. It's been an honor.

Trichologist at Absolique Hair Health Clinic trusted everything about Modere products with their ongoing safe ingredient check list and 3rd party testing. All of this and we could set you up with a free account to buy online at the best price, avoiding extra retail prices where possible. Finding alternatives has not been easy, but we have some options ready for you.

Activation Products

Absolique Trichologist has worked with Activation products over the years and continues to support their clean philosophies, providing the best products with care and precision.

We now have an affiliate code where you can buy direct at the best price. [Just use this link](#)

Activation main products of interest for Absolique clients:



Oceans Alive® Recharge: the most powerful ocean-derived superfood available today. Crafted to fuel your body with clean, natural energy and enhance cellular health. A premium blend of two specially cultivated, hand-selected marine phytoplankton strains, Oceans Alive® Recharge supports general health. Grown in a photobioreactor, our marine phytoplankton is completely pure and free of contaminants. The nutrient density of this microalgae provides you with a wide array of vitamins, minerals, essential fatty acids and amino acids.



Perfect Press® Styrian Pumpkin Oil: is rich, nutty tasting and pressed from the seeds of Styrian pumpkins, known in particular for their nutritious seeds. This oil is teeming with healthy fatty acids and contains vitamin K. Naturally rich in vitamin E to help maintain skin elasticity and reduce free radical damage, and high in zinc to support immune function and assist in maintaining healthy hair and nails. It also contains rare plant sterols, traditionally used to support prostate and urinary tract health, especially valued by men as they age. This oil delivers a spectrum of essential fatty acids like oleic acid, known to support heart health and cognitive function, along with vitamin K for bone health and blood clotting. A host of B vitamins rounds out this nourishing profile, making it a smart addition to your daily routine for nutritional balance, healthy aging, and vibrant skin from within.



Perfect Press® Five Seed Blend: is a powerful fusion of sunflower, sesame, pumpkin, flax and coriander seed oils. This blend will provide you with healthy fats and minerals for foundational nutrition. Nourishing you with the properties of five potent oils in one convenient bottle, it's no wonder that this is our most popular oil. Every bottle contains the oil of thousands of Perfectly Pressed™ organic seeds. Our unique pressing process ensures that there is no damage to the nutritional properties. The finished product is stored in UV-protective Miron glass bottles to maintain quality over time. Zero damage equals zero rancidity.



Perfect K2D3: Vitamins K2 and D3 regulates 'calcium metabolism' – a process that supports the movement of calcium into your gut and out of your gut. Both vitamins are necessary to prevent your soft tissue from calcifying and help deliver calcium to the all right places in your body. Most people are deficient in vitamins K2 and D3. K2 and D3 are not easily bioavailable in the foods we eat. That's why it's important that you supplement the two vitamins for optimal health. 1000IU/serve D3.

Partner.Co

This is where most Modere customers are moving too because of their product similarities, commitment to clean, safe and 3rd party testing. The products are not the same, some are similar, but many overlap various nutritional needs making it more cost effective, and less products.

Partner.Co works a bit differently to Modere, where to obtain a wholesale price, you need to join as a 'Brand Partner', with a one off set up cost of \$42.50. When you go through this process, you will see there is a 'Business Builders Pack', Please just go through the process and ignore the business building information, you will get it in the mail, but by no means do you need to build a business. It is simply the best way to get the biggest discount and order as you need or subscribe for bigger discount.

[Here is the Brand Partner link where you will save up to 30% off retail price](#)

[Alternatively, you can use this link to order direct and pay retail or subscribe for a lower price](#)

Partner.Co main products of interest for Absolique clients:



Giving Greens™: is a whole-food veggie, nutritive powdered drink mix that makes it easy to fuel your body with vital phytonutrients, vitamins and minerals. This guilt-free nourishment features sprouted-seed nutrition, a probiotic and prebiotic system and an enzyme-rich superfruit blend that provides your body with essential nutrients to boost immunity, support cardiovascular health, fight free radicals and aid digestion.



•Omega-Q®: is a unique blend of essential omega fatty acids and coenzyme Q10 (CoQ10), two of the most powerful ingredients on earth for initiating and sustaining overall health, starting at the cellular level.



Moor Vitality: Today's diets just don't deliver like they used to because of mineral-depleted soil, processed foods and ultra-purified water. Moor Vitality helps replenish what's missing with essential trace minerals sourced from the Neydharting moor in the pristine Austrian Alps.



Vináli®: is a potent antioxidant combination of grape seed and grape skin extracts, Vitamin C sourced from whole foods, bioflavonoids, minerals and phytonutrients. This winning combination of nutritive power boosts your whole-body wellness by supporting the immune system, offering free-radical protection and promoting cell health and skin elasticity.

Partner.Co have a hair, skin and nails powder supplement available currently in the USA, the AU team are working hard to get this here asap, so watch our newsletters for announcements.

Absolique Trichologist Carolyn is always here for you to support and advise you through this transition. If you have any questions or concerns about your individual nutritional treatment recommendations, please reach out by email to info@absolique.com.au or book a phone appointment [online](#) or through reception to discuss. Or let's review everything at your next in clinic appointment.



The Green Drink

We do have another trusted green drink in stock, it is called 'Daily Greens' and has been our back up green drink for years. Recently reformulated to stay on top of the best and safest ingredients, with a lovely cucumber and lime flavour. This is in clinic purchase only, \$62 for @ 30 days' supply. Call or email to order this one.

Hair, Skin, Nails Supplement

We have another option here too, just waiting for the account details to be finalised, so watch out for our emails and as always, reach out if you need any help.

ABSOLIQUE SCALP CLEANSER DISCONTINUED

As Absolique Trichologist, it with a heavy heart I make this announcement. Absolique Scalp Cleanser, one of my flagship products, has been discontinued due to increasing raw ingredient and manufacturing costs.

This amazing product stood the test of many people, scalp and time. I created and went to manufacture this product over 15 years ago, because I could not find what I needed in the marketplace.

So, as the story goes, I made my own. It was the perfect formulation from the beginning and has continued so over the years. However, production minimum order quantity (MOQ) has increased, along with the raw ingredient price increasing by 3 times. This makes it out of my reach with new products on the market that are the same or if not better, due to their larger company research and development.

With every sad story, there is good news and we would never leave our loyal followers in the lurch.

Of course we have replacements for you, but now we have three choices!

We have been working with Aveda for well over a year now and gaining knowledge and confidence in their products.

You will be able to order these new scalp cleansers by phone, email or online. Simply use them as you would your normal Absolique scalp cleanser.

Not sure which one is right for you, email your Absolique Trichologist at info@absolique.com.au or we can cover your current scalp needs at your next in clinic or online appointment.



Invati Exfoliating Shampoo – Scalp Cleanser



Scalp Solutions Balancing Shampoo – Scalp Cleanser



Rosemary Mint Shampoo – Scalp Cleanser

CLINIC NEWS AND UPDATES



Goodbye and good luck Dani. Sadly, Dani had to leave us to take an opportunity that was too good to pass up, she will be missed, we love you Dani

Welcome back Vanessa! Timing was perfect so Vanessa was happy to step back into Absolique helping on Reception and back in our Organic Hairdressing Salon.



Carolyn has recently enjoyed some much-deserved time away, travelling through Queensland in her camper with her husband, Daniel. Their adventures took them from Kenilworth and Miles to the breath-taking Carnarvon National Gorge soaking up the beauty of nature and enjoying a well-earned break. Now back in clinic, Carolyn is catching up after her time away while also navigating the many exciting changes happening in the clinic this year.

Thanks to all the rain this year, we're enjoying a bumper crop — especially from one rather unusual star of the garden: the winged bean! It's going wild, producing about 2 kilograms of fresh, vibrant pods every week!



Please note -- our reception hours vary, please always call ahead for product pick up and hairdressing appointments with Dani available upon request.

**Trichology hours are by appointment
Tuesday - Saturday**

**Clinic is closed on
Sunday & Monday**

For any inquiries, contact Carolyn on 0414 953 580 or email info@absolique.com.au.